

**Selecting High Quality Child Care**

Selecting child care can be an overwhelming process. Every parent wants to find quality care to meet their needs; a healthy & safe environment, a child that is happy to attend the program, a program that is convenient in location & hours and a program that is affordable. Learn how to choose a child care program that works for your family.

**Monday, January 10, 7:00 p.m. Click [here](#) for registration to virtual workshop**

**Tuesday, January 18, 12:00 p.m. Click [here](#) for registration to virtual workshop**

**Sibling Rivalry**

When siblings spend a lot of family time together, sibling rivalry can increase. This workshop is for parents experiencing challenges between their children such as arguing, name calling and fighting. We will cover why sibling rivalry occurs and practical ways you can prevent and bring an end to these challenges!

**Thursday, January 20, 7:00 - 8:00 p.m. Click [here](#) for registration to virtual workshop**

**Brain Builders: Infant Years****Optimizing Your Infant's Early Brain Development from birth to 18 months**

Babies are primed to start learning from the day they are born and there is much science about this critical time in their development. Through this workshop, parents and caregivers will gain an understanding of their infant's developing brain and how simple daily interactions and activities are the learning moments that support those brain connections. Learn more about how creating a secure attachment with your baby helps to create effective learning pathways. Explore the many resources in the community that will support your family on this developmental journey to help ensure that your baby starts off with a healthy and strong beginning.

**Tuesday, January 26, 7:00 - 8:00 p.m. Click [here](#) for registration to virtual workshop**

**Nothing I Do Works: A Parent's Guide to Challenging Behaviors**

The Pyramid Model is a comprehensive, research based approach that considers all of the factors that impact a child, family and a child's behavior. Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

**Wednesday, January 26, , 7:00 - 8:00 p.m. Click [here](#) for registration to virtual workshop**